

2001 California Dietary Practices Survey

Table 21: Barriers to Eating More Fruits and Vegetables

Question: What is the one main reason you don't eat more fruits and vegetables?

Too expensive.

Take too much time to prepare and cook.

Don't like the taste.

Not in the habit/ don't think about it/ not used to eating them.

I believe I eat enough now.

Other

Percent Agreeing

	Too Expensive	Take too much time to prepare	Don't like the taste	Not in the habit	Not Available	Eat enough now	Other
Total	9	22	7	12	13	18	18
Sex							
Males	9	20	8	15	15	17	16 *
Females	8	23	7	10	12	19	20
Males							
18 - 24	2	25	10	18	17	16	12 ***
25 - 34	9	22	10	12	16	8	23
35 - 50	11	22	6	14	18	14	15
51 - 64	14	16	11	16	13	16	15
65+	6	11	2	14	7	45	15
Females							
18 - 24	9	33	9	8	15	9	18 ***
25 - 34	8	24	11	10	11	12	24
35 - 50	9	29	5	13	10	13	21
51 - 64	12	22	7	6	13	20	20
65+	5	7	4	10	12	42	20
Ethnicity							
White	8	23	7	12	13	20	18 **
Hispanic	9	23	9	13	15	10	20
Black	16	17	10	13	10	13	20
Asian/ Pacific Islander	4	16	4	10	17	31	18
Education							
Less than high school	10	20	12	16	13	9	20 *
High school graduate	12	20	5	14	14	18	17
Some college	8	22	8	11	14	19	19
College graduate	7	24	6	11	14	20	18
Income							
Less than \$15,000	17	16	8	12	12	14	21 ***
\$15,000 - 24,999	11	20	7	11	14	16	21
\$25,000 - 34,999	10	35	8	12	8	16	10
\$35,000 - 49,999	7	28	7	11	8	22	16
\$50,000+	4	23	8	14	16	17	19
Physically Active							
Did not meet recommendations	10	22	8	14	12	15	19 **
Met recommendations	7	22	6	11	15	22	18
Overweight Status							
Overweight/Obese	10	22	7	13	13	16	19
Not overweight	7	22	8	11	14	21	17

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001